

**1. Boy after running for hours, has pain in knee and mass on upper surface of tibia**a) **Osgood schlatter disease**

b) iliotibial band

- **Osgood-Schlatter disease** or syndrome (tibial tubercle apophyseal traction injury and epiphysitis of the tibial

tubercle) is an irritation of the patellar ligament at the tibial tuberosity.

- It is **characterized** by painful lumps just below the knee and is most often seen in young adolescents.

- **Risk factors** include excess weight and overzealous conditioning (running and jumping).

- **Diagnosis** is made clinically

- **treatment** is conservative with RICE (Rest, Ice, Compression, and Elevation), and if required acetaminophen

**2. Patient with metatarsal fracture, X- ray not show exact fracture, next investigation:**

a) US

b) CT

c) **MRI****3. 20 years old man sustained a deep laceration on the anterior surface of the wrist. Median nerve injury would**

**result in:**

a) Claw hand defect.

b) wrist drop

c) Sensory deficit only.

d) **Inability to oppose the thumb to other fingers**

e) The inability to flex the metacarpophalangeal joints.

**4. All of the following muscles are part of rotator cuff, except:**

a) Supra-spinatus.

b) Infra-spinatus.

c) **Deltoid**

d) Subscapularis.

e) Teres minor.

**5. Patient with scoliosis, you need to refer him to the orthopedic when the degree is:**

a) 5

b) 10

c) 15

d) **20****6. Patient complaining of pain at night when he elevated his arm, tingling on lateral arm side and lateral three**

**fingers, what is the diagnosis?**

a) Brachial plexus neuropathy

b) Shoulder impingement syndrome

c) Brachial artery thrombophebitis

d) **Thoracic outlet problem**

- Brachial plexus neuropathy is characterized by acute onset of intense pain in the shoulder or arm followed shortly by focal muscle weakness.

**7. Mid clavicle fracture :**

- a) Surgery is always indicated if fracture is displaced
- b) Figure-8-dressing has better outcomes than simple sling
- c) Figure-8-dressing is strongly indicated in patient with un-union risk
- d) **Both figure-8 and simple sling has similar outcomes**

- Simple sling has been to give the same result as a figure-8 (more comfort and fewer skin problem).

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#### **8. Young adult presented with pain on lateral elbow, tingling of lateral arm, he plays Squash:**

- a) Carpel tunnel
- b) **Tennis elbow**

- Lateral epicondylitis (inflammation of common extensor tendon) also known as (tennis elbow, shooter's elbow and archer's elbow) is a condition where the outer part of the elbow becomes sore and tender. It is commonly associated with playing tennis and racquet sports
- Medial epicondylitis (inflammation of common flexor elbow) also know (golfer elbow)

#### **9. patient complaining of pain along median nerve distribution and positive tinel sign treatment include casting**

**of both hand in what position**

- a) **Dorsiflexion**
- b) plantar flexion
- c) extension
- d) Adduction
- e) Abduction

#### **10. young female with pain in her elbow (lateral epichondylitis) best treatment is**

- **Treatment of lateral epichondylitis:**

- 1) 1<sup>st</sup> line : NSAID + rest + ice
- 2) 2<sup>nd</sup> line : corticosteroid injection
- 3) 3<sup>rd</sup> line : surgery □ percutaneous release of common tendon

#### **11. Old man with bilateral knee pain and tenderness that increase with walking and relieved by rest**

- a) RA
- b) **OA**

- OA: pain with activity and weight bearing and improve with rest .
- RA: morning stiffness > 1 hour. Painful and warm swelling of multiple symmetric joint.

#### **12. The useful exercise for osteoarthritis in old age to maintain muscle and bone Low resistance and high**

**repetition weight training:**

- a) Conditioning and low repetition weight training
- b) **Walking and weight exercise**

#### **13. Diet supplement for osteoarthritis**

- a) **Ginger**

#### **14. Old patient c/o bilateral knee pain with mild joint enlargement ESR and CRP normal dx:**

- a) **Osteoarthritis**

- b) Rheumatoid arthritis
- c) Gout

**15. Old lady came to clinic as routine visit , she mention decrease intake of Ca food , doctor suspect osteoporosis ,**

**next initial investigation :**

- a) **DEXA**
- b) Ca in serum
- c) thyroid function test
- d) vit.D

**16. Old male c/o knee pain on walking with crepitus x-ray show narrow joint space and subchondral sclerosis:**

- a) Rheumatoid arthritis
- b) **Osteoarthritis**
- c) Gout

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**17. Child with back pain that wake pt from sleep , So diagnosis**

- a) **lumber kyphosis**
- b) osteoarthritis
- c) RA
- d) Scoliosis

**20. 5 years old complaining of limping in CT there is a vascular necrosis, treatment is:**

- a) surgery total hip replacement
- b) **splint**
- c) physiotherapy

**21. Adult with osteoporosis, what is the treatment?**

- a) **Ca & folic acid**

**22. Patient with congenital hip dislocation:**

- a) **Abducting at flexed hip can causes click or tali**

**23. Boutonnière deformity of finger is:**

- a) **Flexion of proximal interphalangeal joint & hyper extension of distal interphalangeal joint**

b) Flexion of proximal interphalangeal joint & extension of distal interphalangeal joint.

**24. Old age with painful hip, increased with walking & associated with morning stiffness, dx:**

- a) Osteoporosis.
- b) **Osteoarthritis**
- c) RA

**25. Old age with...., & spine x-ray showed ankylosing spondylopathy, what is the management?**

- a) Injection of subdural steroid.
- b) Back splint.
- c) **Physiotherapy**

**26. Fracture of hummers associated with**

- a) **Radial N injury**

**27. Pseud-gout is :**

- a) CACO3
- b) CACL3

**28. Old male complaining of right hip pain on walking the pain increased at the end of day when he wake up in**

**morning he complaining of joint pain and stiffness**

- a) Osteoarthritis
- b) Ostiomylitis
- c) Osteoporosis

**29. The most common fracture in osteoporosis :**

- a) Colles fracture (if prior 75 y)
- b) Fracture neck of femur
- c) shaft of femur
- d) hip fracture (if over 75y)

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**30. 50 years old male with numbness in the little finger and he has degenerative cervicitis with restriction in the**

**neck movement, also there is numbness in the ring finger and atrophy of the thenar muscle + compression in**

**the elbow, what you'll do?**

- a) surgical decompression
- b) CAT scan for survival spine

**31. Which of the following is a disease improving drug for RA:**

- a) NSAID
- b) Hydroxychloroquine

**32. Treatment of open tibial fracture:**

- a) cephazolin
- b) cephazolin+gentamicin
- c) gentamicin
- d) cephazolin, gentamicin and metronidazole

**33. A football player presented with knee pain after a hit on the lateral side of his knee on exam. Increased laxity**

**on valgus stress negative lachman & mcmurry's test, what is the most likely diagnosis?**

- a) Lateral collateral lig tear
- b) Medial collateral ligament tear
- c) ACL tear
- d) PCL

**34. Most common site of non traumatic fracture in osteoporotic pt. is:**

- a) Head of femur
- b) Neck of femur
- c) Vertebra
- d) Tibia

**35. 2 years old child fell down over his toy, as a result of that his leg was under the toy, in the next day he refused**

**to walk what is your diagnosis?**

- a) Spiral Fracture of the right Femur
- b) **Spiral Fracture of the right tibia**
- c) cheeps Fracture of the right proximal tibia
- d) Swelling of the soft tissue of the right leg
- e) Ankle

**36. 50 years old male work as a constructor, 1 week ago when he started using a hummer he develop pain on the**

**lateral side of the elbow what is your diagnosis?**

- a) Osteoarthritis
- b) Rheumatoid arthritis
- c) Ulnar nerve compression
- d) **Lateral epicondylitis**

**37. Middle age male fell down on his elbow and develop pain which is the early manifestation (I can not remember) but: The fat pad sign is a sign that is sometimes seen on lateral radiographs of the elbow following**

**trauma. Elevation of the anterior and posterior fat pads of the elbow joint suggests the presence of an occult fracture.**

- a) Anterior Pad sign
- b) **Posterior Pad sign**

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**38. Child came with or Toeing-In , set in W shape , when walk both feet and knee inward with 20 degree , both**

**femur inward rotation 70 degree , what the diagnosis? :**

- a) metatarsusadductus
- b) **Femoral anteversion (femoral torsion)**

**39. Olcranon Bursitis of the elbow joint caused by:**

- a) **Repeated elbow trauma**
- b) Autoimmune disease
- c) Staph. Aureus
- d) rupture of bursa

**40. Mother complains of sharp pain on radial styloid when carrying her baby. The pain increase with extension of**

**the thumb against resistance, Finkelstein test was positive, Dx :**

- a) Osteoarthritis of radial styloid
- b) **De Quervain Tenosynovitis**

• Finkelstein's test is used to diagnose DeQuervain's tenosynovitis, Radial styloid tenosynovitis, in people who

have wrist pain treatment is Injection of corticosteroid and an anesthetic provides relief in more difficult

cases. If conservative measures fail, surgery may be necessary to decrease pressure over the tendon

(tenosynovectomy) or NSIAD

- Phalen's maneuver is more sensitive than Tinel's sign for carpal tunnel syndrome

**41. 4 years old baby felt down his mother pulled him by his arm & since then he kept his arm in pronation position**

**what is your management:**

- a) Splint .....
- b) **Do x-ray for the arm before any intervention**
- c) Orthopedic surgery

**42. Polyarthralgia rhumatica. What is the thing that suggest it rather than ↑ ESR & C-reactive protein**

- a) proximal muscle weakness
- b) **proximal muscle tenderness**

**43. 17 years old football player gave history of left knee giving off, the most likely diagnosis is :**

- a) Lateral Meniscal injury
- b) Medial meniscal injury
- c) Lateral collateral ligament
- d) Medial collateral ligament
- e) **Anterior Cruciate ligament**

**44. 10 years old boy presented to clinic with 3 weeks history of limping that worsen in the morning, this suggests**

**which of the following :**

- a) septic arthritis
- b) leg calve parthes disease
- c) RA
- d) tumor
- e) slipped capital femoral epiphysis

**45. 17 year old male while play football felt on his knee "tern over " what do think the injury happened**

- a) **medial meniscus ligament**
- b) Lateral meniscus ligament
- c) Medial collateral ligament
- d) Lat. collateral ligament
- e) Anterior Crussate ligament

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**46. 30 years old male with history of pain & swelling of the right Knee , synovial fluid aspiration showed yellow**

**color, opaque appearance, variable viscosity, WBC 150000, 80% poor mucin clot , , Dx is:**

- a) Goutism Arthritis
- b) Meniscal tear
- c) RA
- d) **Septic Arthritis**
- e) Pseudogout arthritis

**47. 25 year old male presented with single fracture in the shaft of the femurs. Treatment is :**

- a) Open retrograde intramedullary nail
- b) **Closed antegrade intramedullary nail**
- c) internal fixation
- d) apply cast
- e) skeletal traction

**48. 70 year-old man fell on outstretched hand. On examination intact both radial and ulnar pulses, dinner fork deformity. Tender radial head. The diagnosis is:**

- a) Fracture of distal ulna & displacement of radial head
- b) Fracture of shaft of radius with displacement of head of ulna
- c) **Colle's fracture**
- d) Fracture of scaphoid

**49. The commonest nerve injury associated with humerus fracture is:**

- a) **Radial nerve**
- b) Ulnar
- c) Musculocutaneous
- d) Axillary
- e) Median

**50. Baby present with unilateral deformity in the foot appear when it is become the weight bearing is in the other**

**foot but when it is the weight bearing the deformity disappear ,the patient has defect in dorsiflexion of that**

**foot, I think they are taking about ( club foot ) treatment :**

- a) **orthopedic correction**
- b) shoe....
- c) surgery ....

**51. Case scenario patient present with carpal tunnel syndrome, Treatment:**

- a) **corticosteroid injection**

- Splint the wrist in a neutral position at night and during the day if possible.
- Administer NSAIDs.
- Conservative treatment can include corticosteroid injection of the carpal canal.
- They didn't mention a surgery in the MCQ

**52. Shoulder pain most commonly due to**

- a) Infraspinatus muscle injury
- b) Referred pain due to cardiac ischemia
- c) In acute cholecystitis
- d) **Rotator cuff**

- The Most Common Cause of shoulder joint pain is rotator cuff tendonitis because of overuse of the shoulder.

**53. A pt had hairline metatarsal fracture. The x-ray was normal. What is the 2<sup>nd</sup> line**

- a) CT scan
- b) **MRI**
- c) US

**54. mother come to you complaining of that her child not use his right arm to take things from her and he keeps his arm in pronation position and fisted , How you will solve this orthopedic problem :**

- a) orthopedic referral for possible surgical correction
- b) **rapid supination of forearm**

**55. Patient come to you with pain in posterior of neck and occipital area , no affection of vision , by cervical x ray**

**there were decrease of joint space : what is your diagnosis :**

- a) **cervical spondylosis**

- Cervical spondylosis is a common degenerative condition of the cervical spine. It is most likely caused by age-related changes in the intervertebral disks.
- If compression of a nerve roots emerging from the spinal cord may result in radiculopathy (sensory and motor disturbances, such as severe pain in the neck, shoulder, arm, back, and/or leg, accompanied by muscle weakness).
- If less commonly, direct pressure on the spinal cord (typically in the cervical spine) may result in myelopathy, characterized by global weakness, gait dysfunction, loss of balance, and loss of bowel and/or bladder control.
- Treatment: usually conservative in nature : NSAIDs , physical modalities, and lifestyle modifications

**56. Lady, computer programmer developed bilateral tingling sensation of hands, +ve tinel test, mx include**

**splintage of both hands in which position**

- a) Plantoflexion.
- b) **Dorsiflexion**
- c) extension
- d) Abduction.

**57. patient with congenital hip dislocation**

- a) **abducting at flexed hip can causes click or tali**

- **Barlow's maneuver:** Pressure is placed on the inner aspect of the abducted thigh, and the hip is then adducted, leading to an audible "clunk" as the femoral head dislocates posteriorly.
- **Ortolani's maneuver:** The thighs are gently abducted from the midline with anterior pressure on the greater trochanter. A soft click signifies reduction of the femoral head into the acetabulum.
- **Allis' (Galeazzi's) sign:** The knees are at unequal heights when the hips and knees are flexed (the dislocated side is lower).
- Asymmetric skin folds and limited abduction of the affected hip are also

**58. Radiological finding in lateral view for elbow dislocation :**

- a) **Posterior fat pad sign**

**59. 33 years old Saudi male complaining from lower back pain and considerable morning sti**

**ffness. X-ray showed**

**sclerosis joint. Other criterion of this disease are all the following except:**

- a) Common in male.
- b) Negative RF
- c) No subcutaneous nodules.
- d) **Aortic complications.**

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**60. Graph showing risk of osteoporotic patient with aging**

- a) **The elderly people get higher risk than young(something like that I don't remember)**
- b) 10 % of 70 year old people will develop osteop.

**61. About Clavicular fracture in newborn what is true?**

- a) Most cases develop brachial plexus injury
- b) Figure-8-dressing is needed
- c) Internal fixation is needed
- d) **Most will healed spontaneously**

**62. 18 years old boy with back pain investigation to do except :**

- a) CBC
- b) ESR
- c) X -ray
- d) **bone scan**

**63. Old patient complaining of back pain on walking on examination there was stiffness of the muscle and there**

**was some finding on the X-Ray best effective ttt**

- a) **Physiotherapy**
- b) NSAID
- c) Surgery

**64. Female, right hand lateral two radial styloid processes pain, since month increase progressively, CS, positive**

**Finkelstein test, what is the initial treatment?**

- a) Nerve decomprission
- b) cast upper joint
- c) **Cast with thumb raised**

• Initial treatment for DeQuervain's syndrome is nonoperative: first thumb-spica splint, NSAIDS may also be of value, corticosteriod injection into the first dorsal compartment may provide sustained relief

**65. 70 years old male with osteoporosis the T score of bone densometry would be :**

- a) **-3.5**
- b) -2.5
- c) 1
- d) 2
- e) 3.5

• Above -1: **normal**

- Between -1 and -2.5 : **osteopenia**
- Below -2.5: **osteoporosis**

**66. In knee examination : +ve lechman test indicate injury :**

a) **Anterior cruciate ligament**

**67. Colle's fracture:**

a) **Distal end of the radius.**  
 b) scaphoid fracture  
 c) Around the elbow.  
 d) Head of the radius.

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**68. A child fell on an out-stretched hand and flexed elbow, exam showed swelling around the elbow with no radial**

**pulse, best management:**

a) closed reduction  
 b) Closed reduction then check for radial pulse.  
 c) **Open reduction.**  
 d) Cuff and collar for 3weeks.  
 • Because of the vessel involvement the best way of Tx is by open repair.

**69. Flexion, adduction, and internal rotation is:**

a) Anterior hip dislocation.  
 b) **Posterior hip dislocation.**  
 • Represents 90% of dislocation. Anterior hip dislocation classily extended, externally rotated hip.

**70. Old lady with osteoporosis asked for treatment for prevention:**

a) **D**  
 b) E  
 c) Retinoic Acid

**71. Young male with morning stiffness at back relieved with activity and uveitis:**

a) **Ankylosing Spondylitis**

**72. Young female with pain in her elbow(lateral epichondylitis) best treatment is :**

a) **Rest + physical therapy + NSAID**

**73. Female presented with complain of neck pain and occipital headache , no other symptoms , on X-ray has**

**cervical spine osteophyes and narrow disks :**  
 a) **cervical spondylosis**

**74. Bursitis of the elbow joint caused by:**

a) **Elbow trauma**  
 b) Autoimmune disease  
 c) Staph. Aureus  
 d) rupture of bursa

**75. 48 year-old male complaining of lower back pain with morning stiffness for 30 minutes only. On exam he was**

**having spasm centrally on the lower back. What is the appropriate management :**

- a) Epidural steroids injection
- b) Back brace
- c) Facet lysis
- d) **Physiotherapy**

**76. Old patient had history of gout and drinking alcohol heavily came with bone pain, on examination generalize**

**bone tenderness and proximal muscle weakness, x ray of long bone shows ....i can't remember...ix shows high**

**ca and ph..ur dx**

- a) Osteomalacia CA low, ph low, alp high
- b) **Mets from prostatic cancer**
- c) Osteoarthritis
- d) Paget dis ca normal, ph normal, alp high

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**77. RTA with hip dislocation and shock so causes of shock is**

- a) **blood lose**
- b) urtheral injury
- c) nrurogenic

**78. Patient with DM presented with limited or decreased range of movement passive and active of all directions of**

**shoulder**

- a) **frozen shoulder**
- b) impingment syndrome
- c) osteoarthritis

**79. Pseudogout is Ca:**

- a) **Pyrophosphate**
- b) Sulfate
- c) Uriate

**80. An elderly female presented with history of bilateral hand stiffness that is worse in the morning. On**

**examination she had bony swellings in the distal interphalangeal joints. These swellings are:**

- a) **Heberden nodule**
- b) Buchard's nodule
- c) Synovial thickening
- d) Synovial cysts

**81. Snuff box.**

- a) **in scaphoid bone**

**82. Female patient has morning stiffness and pain involving the metacarpophalengeal and**

**proximal**

interphalangeal joints. What's the likely diagnosis?

a) **Rheumatoid arthritis**

**83. 74 years old female complaining of pain and stiffness in the hip and shoulder girdle muscles. She is also**

**experiencing low grade fever and has depression. On examination no muscle weakness detected (Polymyalgia**

**rheumatic). Investigation of choice:**

- a) RF
- b) Muscle CK
- c) **ESR**

**84. Supra-condylar fracture patient presented with swelling and cyanosis of finger after plaster. Management:**

- a) Removal of splint near finger
- b) **Entire removal of all splint**

**85. The most common site for Osteomyelitis is:**

- a) Epiphysis
- b) Diaphysis
- c) **Metaphysis**
- d) Blood flow

**86. What is the initial management for a patient newly diagnosed knee osteoarthritis.**

- a) Intra-articular corticosteroid
- b) **Reduce weight.**
- c) Exercise
- d) Strengthening of quadriceps muscle.

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**87. Which of the following is true regarding perth's disease :**

- a) Commonly seen between 11-16 years of age.
- b) Always unilateral.
- c) **May present by painless limp.**
- d) Characteristically affect the external rotation of hip.
- e) More in female.

**88. A patient is asked to face the wall, bend his waist, and let his hands hang down without support. This test is**

**used as a screening tool for which of the following?**

- a) Lower limb asymmetry
- b) Rectal prolapsed
- c) **Scoliosis**

- This test is called for (**Adam's Forward Bend Test**)

**89. years girl , the doctor asked her to flex her waist with free hands , this screening for**

- a) **Scoliosis**
- b) Nerve compression
- c) Disc prolapsed
- d) Sciatica

**90. A patient presents with long time history of knee pain suggestive of osteoarthritis. Now**

he complains of unilateral lower limb swelling and on examination there is +ve pedal & tibial pitting edema. What is the next

appropriate investigation?

- a) CXR
- b) ECG
- c) Echocardiography
- d) **Duplex ultrasound of lower limb**

• Osteoarthritis relief by rest. So, immobility pt. can lead to DVT

91. In lumbar disc prolapse at L4-L5 the patient will have:

- a) Pain at groin & front of thigh
- b) Hypoesthesia around the knee
- c) **Weakness of dorsiflexion of foot**
- d) Absent ankle reflex
- e) Fasciculation at calf muscle

92. 2 years old baby was brought to the clinic because of inability to walk straight. On examination, there was

asymmetry of skin creases in the groin. The Trendelenburg's sign was positive on the left side. Your diagnosis :

- a) Fracture pelvis.
- b) **Congenital hip dislocation**
- c) Fracture femur on the left side.
- d) Poliomyelitis.
- e) Rickets

93. Fractured pelvis commonly associated with:

- a) bladder injury
- b) penile urethra injury
- c) **Bulbomembraneus urethra injury**
- d) ureter injury

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94. Sickle cell anemia patient presented with unilateral hip pain, most likely diagnosis is:

- a) Septic arthritis
- b) **Avascular Necrosis**

95. Avascular necrosis of the head of femur is usually detected clinically by:

- a) **3 months**
- b) 6 months
- c) 11months
- d) 15 months.

96. Which of the following is not true regarding Osteomyelitis:

- a) puomyositis
- b) Epiphyseal plate destruction
- c) **Septic arthritis (it can develop due to osteomyelitis) "not sure"**
- d) Septicemia
- e) after bone growth

**97. Congenital dislocation of hip; all are true EXCEPT:**

- a) More in girls
- b) Best examined after 12-36 hours from birth
- c) There will be limitation in abduction of thigh
- d) **Barlow test will give click indicating CDH**
- e) Can be treated by splint

**98. Acute gait disturbance in children; all are true EXCEPT:**

- a) Commonly self limited
- b) The usual presenting symptom is limping
- c) **Radiological investigation can be reveal the DX**
- d) Most often no cause can be found

**99. Concerning green stick fracture in children, all are true EXCEPT**

- a) **Extremely painful**
- b) Most commonly involve the forearm
- c) Function of the limb is preserved
- d) Is incomplete fracture

**100. Which of the following increase bone density and muscle strength**

- a) **Endurance and weigh exercise**
- b) high repetition
- c) low repetition

**101. Hypertensive patient on Thiazide presented at night with severe left foot pain involving the first toe with redness extending to the mid leg. The Dx:**

- a) Cellulitis
- b) Septic arthritis
- c) **Gouty arthritis**

**102. Man with back pain x ray show fracture at T8, L1 & L2, Bone density T - 1,9**

- a) **Osteopenia**
- b) Osteoporosis

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**103. Child fall and had spiral type radial fracture, what is the management?**

- a) **Splinting**
- b) Refer to orthopedics
- c) Refer to pediatric
- d) Open reduction with internal fixation

**104. Man who is having a severe pain on his big toe with knee pain and examination revealed negative perferingent crystals:**

- a) **Uric acid deposit secondary to synovial fluid over saturation**
- b) Ca pyrophosphate secondary to synovial fluid over saturation

**105. Patient with epilepsy came with Left shoulder pain, on examination flattened contour of the shoulder, fixed adduction with internal rotation, what is the diagnosis?**

- a) Inferior dislocation
- b) **Subacromial post Dislocation**
- c) Subglenoid ant dislocation
- d) Subclavicle ant dislocation

**106. Child with radial head dislocation, what is the next in management:**

- a) **Reduction and subluxation**
- b) x ray
- c) MRI

**107. Fracture in the hummers affecting radial nerve lead to**

- a) **Wrist drop**

- Ulnar nerve ☐ claw hand
- Median ☐ inability to oppose the thumb to other fingers
- Radial nerve ☐ wrist drop
- Peroneal nerve ☐ foot drop
- Club foot ☐ congenital